

Identifier	Poplar - Grade 3 - Health	Introduced	Completed
3 H 1	HEALTH PROMOTION / DISEASE PREVENTION		
3 H 1.01	Identify indicators of mental, emotional, social, and physical health during childhood.		
3 H 1.02	Describe the basic structure and function of human body systems.		
3 H 1.03	Identify essential components of a balanced diet and recognize their importance to growth and good health.		
3 H 1.04	Explain how drugs can affect the way people make decisions and perform tasks.		
3 H 1.05	Explain how childhood injuries can be prevented or treated.		
3 H 1.06	Differentiate between communicable and noncommunicable diseases.		
3 H 1.07	Explain how appropriate health care can prevent premature death and disability.		
3 H 1.08	Describe how physical, social, and emotional environments influence personal health.		
3 H 1.09	Classify basic foods according to their places in the food pyramid.		
3 H 1.10	List habits that may increase the risk of disease.		
3 H 2	HEALTH INFORMATION / ACCESSING INFORMATION		
3 H 2.01	Examine the consequences of positive and negative health behaviors.		
3 H 2.02	Identify health care workers.		
3 H 2.03	Draw a map from school to home.		
3 H 2.04	Write out a planned procedure for escaping from a home fire.		
3 H 2.05	Describe how the five senses are used in safety, learning, and exercise.		
3 H 2.06	List the major stages in the human life cycle.		
3 H 3	HEALTH ENHANCEMENT / SELF MANAGEMENT		
3 H 3.01	Describe where to go and what to do in an unsafe situation.		
3 H 3.02	Practice refusal skills when confronted with unhealthy situations including alcohol, tobacco, and other drugs.		
3 H 3.03	Identify hazards found in the home, school, and community and intervention strategies.		
3 H 3.04	Demonstrate safe behavior when encountering potentially dangerous objects/weapons.		
3 H 3.05	Identify basic skills for managing stress.		
3 H 3.06	Demonstrate basic first aid procedures and responses to common emergencies in the home, school, and community.		
3 H 3.07	Define stress.		
3 H 3.08	List examples of positive and negative stressors.		
3 H 3.09	Identify positive ways of dealing with stress.		
3 H 4	INFLUENCES		
3 H 4.01	Discuss nutrition and exercise habits in different cultures.		
3 H 4.02	Explain how media influences decisions on health products and services.		
3 H 4.03	List two people each inside and outside school who can help with drug, alcohol, and tobacco problems.		
3 H 5	INTERPERSONAL COMMUNICATION		
3 H 5.01	Discuss the need for acceptable social skills with others.		
3 H 5.02	Discuss acceptable social skills with others.		
3 H 5.03	Identify behaviors exhibited in conflict situations and strategies for mediation.		
3 H 5.04	Demonstrate respect for the rights of others to participate.		
3 H 6	DECISION MAKING / GOAL SETTING		
3 H 6.01	Apply a decision-making process to resolve class identified health issues and problems.		
3 H 6.02	Set an individual health goal and record progress.		
3 H 6.03	Explain the consequences of individual health care decisions.		
3 H 6.04	Identify the importance of asking for assistance in making health-related decisions and setting health goals.		
3 H 6.05	Cite ways to include physical activity into daily routines.		
3 H 7	PERSONAL AND COMMUNITY HEALTH		
3 H 7.01	Demonstrate the ability to work cooperatively and productively with others.		
3 H 7.02	Examine how individuals accept responsibility for taking care of the school.		
3 H 7.03	Demonstrate proficiency when throwing for distance and accuracy.		
3 H 7.04	Demonstrate proficiency catching various sizes of balls.		
3 H 7.05	Demonstrate striking skills with various striking implements.		

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3 H 7.06	Follow safety rules in health activities class.		